

[Test] Fresh Fuel Monthly

1 message

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Fresh Fuel Monthly by Parfait - What Fuels You? Dec 15, 2016

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Q & A: Ask a Local Nutritionist

**Shannon Cloud is a Kingston nutritionist. Each month, she answers your questions. Please send to simplyparfait@gmail.com*

Q: I could swear that I'm addicted to sugar? Is this possible?

A: Not the way you can be addicted to a drug. But sugar triggers the release of opiates in the brain, which makes you feel good. Unfortunately, eating too much sugar is a recipe for weight gain. Start learning to rely on fruit. It offers naturally occurring sugar—but less than what's in most added-sugar treats—plus vitamins, minerals, and fill-you-up fiber. (See how to cure your sugar addiction with [The Sugar Blockers Diet](#).)

PERMISSION TO BREAK THE (NUTRITION) RULES

From Jillfit.com - Jill Coleman is on a mission to help women create healthy lifestyles that are fulfilling and free of shame.

As cliché as it feels to write a post about "breaking the rules," I felt it was overdue, since a huge part of my #moderation365 journey to liberated eating actually began when I harnessed the ladyballs required to question some of my old beliefs around food.

And for those who want to break the all-or-nothing mentality, it requires you start learning a new language around food and break the need to be perfectly on plan or else.

Read the full article [HERE](#)

"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted."

-Denis Waitley



FROM THE BAR
Vanilla Greek Yogurt with fresh and frozen blueberry toppings. Granola and almonds. From @reminstonenhouse

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School assignment

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